

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
08:05–08:20		Daily planning conference (<i>S-band</i>)
08:20–09:20	CDR, FE-2	Preparation of portable EVA container (???) and EVA tools
08:20–09:00	FE-1	Maintenance of ???
09:00–09:15		Increment 4 payload status check
09:20–10:20	CDR, FE-2	Preparation of Replaceable Cassette Container (???) for EVA
10:20–10:40	CDR	US DVCAM video downlink: EVA equipment prep / tagup with ground specialist (<i>Ku-band</i>)
11:00–12:00		Physical exercise (cycle)
12:00–12:30		Weekly housekeeping
12:30–13:30		LUNCH
13:30–14:00		Weekly planning conference (<i>S-band</i>)
14:00–16:00		Weekly housekeeping
16:00–17:30	FE-1	Physical exercise (RED)
16:10–16:25	CDR	Private psych conference
16:30–17:30	FE-2	Physical exercise (CEVIS)
17:30–19:00		Physical exercise (RED)
17:30–18:30	FE-1	Physical exercise (CEVIS)
18:00–19:30	CDR	Physical exercise (TVIS+RED)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities
End of radiogram